

# January 2025 Fitness Calendar

Free with Pool Membership or \$10 drop-in (No Splash Passes)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5 <b>Aqua Zumba</b> 1:00-2:00pm Courtney	6 <b>Aqua Fitness</b> 9:00-10:00am Peggy	7 <b>Aqua Fitness HIIT</b> 9:00-10:00am Valerie	8 <b>Water Power</b> 9:00-10:00am Peggy	9 <b>Aqua Fitness HIIT</b> 9:00-10:00am Valerie	10 <b>Aqua Zumba</b> 9:00-10:00am Alyssa
12 <b>No Fitness Class</b>	13 <b>Aqua Fitness</b> 9:00-10:00am Peggy	14 <b>Aqua Fitness HIIT</b> 9:00-10:00am Valerie	15 <b>Water Power</b> 9:00-10:00am Peggy	16 <b>Aqua Fitness HIIT</b> 9:00-10:00am Valerie	17 <b>Aqua Zumba</b> 9:00-10:00am Alyssa
19 <b>Aqua Zumba</b> 1:00-2:00pm Courtney	20 <b>Pool Closed</b>	21 <b>Aqua Fitness HIIT</b> 9:00-10:00am Valerie	22 <b>Water Power</b> 9:00-10:00am Peggy	23 <b>Aqua Fitness HIIT</b> 9:00-10:00am Valerie	24 <b>Aqua Zumba</b> 9:00-10:00am Alyssa
26 <b>Aqua Zumba</b> 1:00-2:00pm Courtney	27 <b>Aqua Fitness</b> 9:00-10:00am Peggy	28 <b>Aqua Fitness HIIT</b> 9:00-10:00am Valerie	29 <b>Water Power</b> 9:00-10:00am Peggy	30 <b>Aqua Fitness HIIT</b> 9:00-10:00am Valerie	31 <b>Aqua Zumba</b> 9:00-10:00am Alyssa
2 <b>Aqua Zumba</b> 1:00-2:00pm Courtney	3 <b>Aqua Fitness</b> 9:00-10:00am Peggy	4 <b>Aqua Fitness</b> 9:00-10:00am Peggy	5 <b>Water Power</b> 9:00-10:00am Peggy	6 <b>Aqua Fitness</b> 9:00-10:00am Peggy	7 <b>Aqua Zumba</b> 9:00-10:00am Alyssa

## Portsmouth Indoor Pool

[www.cityofportsmouth.com/recreation/indoor](http://www.cityofportsmouth.com/recreation/indoor)  
For more information call (603) 427-1546

FITNESS · ENRICHMENT · ARTS · ATHLETICS

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